

# The Frontrunner

A POS East Lions Production

## Woman Power in District 60A

At the recently held 1<sup>st</sup> Cabinet Meeting at the Ambassador Hotel in Trinidad our VIP (All Females) did us proud.

District Governor Maxine Cummings 1<sup>st</sup> Vice District Governor Joyce Uden-Lieuw 2nd Vice District Governor Nadine Bushell were all in attendance and went about business as usual.

Upcoming is the Mid-Year Conference in Guyana in November, 2014.



**Thanks to Lion George Matthews and his committee for a job well done in Organizing the Meeting. From all indications all attendees left feeling refreshed. CONGRATULATIONS GUYS**

### Individual Highlights:

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| Brunch         | 1 |
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## Saying Thanks to POS East With Brunch

Like last Fiscal Year and the year before that our members met in church to say Thank You for all the Achievements of the last Fiscal Year.

This was followed by a Brunch where individual members donated items which were served with a drink.

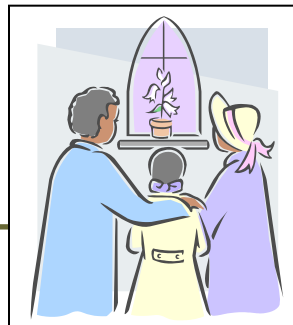
Lions read the lessons, took up the collection and were part of the service in general.

A financial donation was also made to the church as a token of all the facilities that were offered to the Club in the last Fiscal Year.

Organizer was Lion Karl John and with his committee they ensured that the date was suitable to everyone - That the church could have accommodated our members at that particular service.

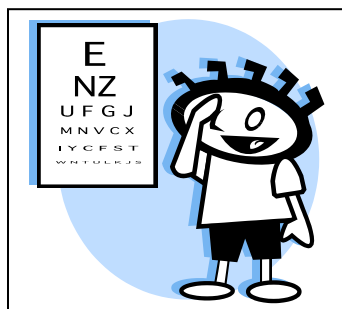
Getting everything in place was a kind of a tall order. The time of the service was not easily ascertained. Getting invitations out to other Clubs and zeroing in on the exact item of contribution from members took some doing but in the end all went fairly well.

**Congrats to Lion Karl and his Team.**





## Health Committee featured in EPOS Arts Festival



Having seen an ad in the Daily Papers advertising the East Port of Spain Arts Festival it was felt that our Club should find a way to be involved and that we did.

Starting Thursday 25<sup>th</sup> and ending on Saturday 27<sup>th</sup> September, 2014 the Vision Screening Arm of the Health Committee got into action.

First the Organizing Committee of the Arts Festival were called and informed of the Club wanting to be involved.

It was agreed that we would go the way of providing Vision Screening Services each evening of the festival.

This turned out quite well as a tent, tables and

chairs were provided as well as refreshments.

Persons of all ages and sizes took advantage of the opportunity and had their eyes tested. Of the seventy (70) persons screened during the period, ten (10) were referred for additional testing.

**The Club came in for Special mention.**

*"Greater contribution  
to  
SightFirst."*

## POS East Lions Club's Work Crew 2014 - 2015

**President** – Jocelyn Joefield  
**1<sup>st</sup> Vice Pres.** Angela McAlister  
**2<sup>nd</sup> Vice Pres.** – Trevor Henry  
**Secretary** – Philip Findley  
**Treasurer** – Stephen Carew  
**Tamer** – AkiJoefield  
**Membership Dir.** – Sherma Henry  
**2 Yr Director** – G. Robinson  
**2 Yr Director** – Elton Thomas  
**1 Yr Director** – Lyndon James  
**1 Yr Director** – Lynette Worrell  
**IPP** – Ian Nickie

**Motto:** "Bridging the Gap,  
Optimizing Potential"

### Committee Chairmen

**Programme** – Angela McAlister  
**Fundraising** – Greg Robinson  
**Health** – Elton Thomas  
**Schools** - Akiel Joefield  
**Bar & Ent.** – Trevor Henry  
**Membership** – Sherma Henry  
**Finance** – James McKenzie  
**P/ Relations** – Philip Findley

### President's Goals

1. Improving the projects in the Charter Area.
2. Getting greater involvement of members in projects.

### 3. Tree Planting

Greater contribution to  
**5.** Working the LCI President's Goals.  
Partnering with schools in our Charter area. **7.**  
Working with the Police Youth Club **.8.**  
Revisiting the Rock City Play Park' Spree Simon Centre & Morvant Anglican School Projects.



## Some POS East Lions Activities for 2014 -2015

Monthly Health Clinics at the St. Dominic RC Church in Morvant every 3<sup>rd</sup> Saturday from 8.00am

Waste Separation Project at Primary Schools in Morvant/Laventille.

Annual Money Bingo at

the Chinese Association in St. Ann's on 30th November, 2014 with a \$10,000.00 Jackpot

Back-in-Time All Inclusive in October, 2014

Stay at Home Tea Party in January, 2015

Annual Bake Que during Lent.

Vision Screening for the NWRHA every 3<sup>rd</sup> Sunday at the Central Market & every 4<sup>th</sup> Sunday at the Croissee. 6.30am – 11.00am

## Who really is Lion President Jocelyn

Having had the pleasure of Initiating her as a member of the Diego Martin West Lioness Club I was not surprised when our Club had the pleasure of accepting some Lions who were seeking transfer to find that she was one of them.

All we really knew was that she is professional nurse and is located at the Health Centre in San Juan and lives at Gopaul Avenue in Diego Martin.

Later on we will discover that she is married to Cecil and has been for the past thirty (30) years and the

result of their union is five (5) kids who have all turned into adults and doing well in their own rights.

Having seen her operate at Club Level is something worth observing. One will get the impression that she is or was a School Teacher as she strived to have all projects started seen to the end. Scolding of members has not gone unnoticed.

She now wears the mantle of President in a Club where males are the dominant factors.

One can't help notice that she is a stickler for time and getting things done right the first time around. Those who have been associated with her will tell you of her religious nature and the things that go with that.

Some time ago she celebrated a wedding anniversary and was surprised at the lengths her children went to ensure that the occasion did not go **uncelebrated**.

At the Club we look forward to having her chair our meetings.

**KEEP IT UP LION JOCELYN.**



## Les Effort & POS East Lions hold Joint Meeting

Three(3) years it took to make it happen and to happen it did.

The Programme Committees of both the Les Effort and the POS East Lions Club finally settled on a date which turned out to be 18<sup>th</sup> September, 2014.

Les Effort agreed "**to come to town**" and the POS East Lions Den was the appropriate venue as agreed by both Clubs.

During the organizing it was learned that Lion

President Juliana Chung and twelve (12) of her Club members were in attendance.

POS East Lions Secretary was asked to draw up an agenda appropriate for the occasion.

Having done that it was sent to the Presidents of both Clubs to ensure that it was OK. It was.

One request was that we bring forward the meeting time to 6.30 or 7.00pm and that was not a problem.

Would you believe that although notices went out to all members informing of the new time and the occasion some members still strolled in at 8.00pm.

Les Effort Lions arrived very early and were responsible for providing Corn Soup. We looked after the drinks.

Guest Speaker was Lion James McKenzie who worked at Royal Bank as an Economist. He made his comments on the National Budget.





*"By the time the 1<sup>st</sup> player shouted BINGO....."*

## Bingo at the Chinese Association 30<sup>th</sup> November, 2014

The goal this year is to attract 500 Bingo Playing Fans to vie for the Jackpot of \$10,000.00.

At Bingo after Bingo there will be advertisement and people wanting tickets.

The Onion Bag Raffle will not to be left out and will not disappoint.

Cards, Tables & Chairs will be rented and all will be set.

As per usual fans will be there claiming tables even before we, the organizers get there.

By the time the 1<sup>st</sup> player shouts BINGO the hall will be abuzz with activity.

The Fundraising Committee is at this time seeking the necessary approval from the Police.



## Bar-B-Que for a Worthy Cause

Lion Matthew and the Police Retirees sought our Bar-B-Que Expert Assistance to provide the manpower needed to bar-b-que 350 pieces of pork, fish and chicken.

The day was Republic Day 24<sup>th</sup> September, 2014 and the venue was the

Police Retirees Headquarters at #1B Wrightson Road in Port of Spain.

From as early as 6.00am members were there doing what was necessary to ensure that when the 1<sup>st</sup> Bar-B-Que collector shows up at 11.00am they

would not have to wait.

Lions Matthew, Trevor, Carew, Elton, Brent, Karl and Philip made the Club proud with the standard of the finished products.

After all the Bar-B-Que was to raise fund to provide medical assistance for one of the Police Retirees.

**GREAT JOB BOYS**



## Meat Balls made Easy

### MEAT BALLS

**1lb ground beef**  
**½ cup dry breadcrumbs**  
**1tsp. minced garlic**  
**¾ tsp. salt hot pepper**  
**1 tsp. soy sauce**  
**¼ cup finely chopped onion**  
**2tbsp. chive**  
**1 tsp. Worcestershire Sauce**  
**2 tbsp. chopped parsley**  
**1 egg slightly beaten**

### METHOD

1. Mix beef, garlic, breadcrumbs, salt, pepper, soy sauce, onion, chive, Worcestershire Sauce, parsley and egg well.
2. Shape into small balls ( one inch in diameter)
3. Place on greased baking pan: cover with tinfoil and bake

for 15 minutes at 375 degrees.

4. Remove cover and dip in ketchup mixed with soy sauce and pepper sauce



## Kicks and Kisses



**KICKS** for Lion Karl who failed to show up on time for the Joint Visit.

**KISSES** for Lion Gregory ensured that tickets for Dance Again III were ready for the Joint Visit .

**KICKS** for the same Lion Gregory who is forever coming to meetings and leaving important documents at home..

**KISSES**for Lion Lynette who again has agreed to publish the Club's Directory & Hand Book"

**KICKS**for Lion Elton who in his role of health Chairman fought his way out of providing a Health Clinic at the EPOS Arts Festival just concluded..

**KISSES** for Lion Carlton for insisting that the Club participate in the EPOS Arts Festival.

**KICKS** for the same Lion Carltonwho up to Saturday 27<sup>th</sup> September had not made an appearance at the EPOS Arts Festival.

**KICKS** for Lion Carew who came to the Board Meeting with no Treasurer's Report and tried to make members accept his explanation of having forgot it at home.

**KISSES** for Lion Mack who "explashiaded" in his role as Guest Speaker on the National Budget.

**KICKS**for Lion Akiel who is waiting for schools to close to get something going in his role as Chairman for Schools, Institutions and Community Groups.

**KICKS**for Lion Carlton who made excuses for Lion Martin who knew not of which Lion Carlton spoke.

**KICKS** for Lion Brent who went to works at a Bar-B-Que and left his tools at home.

**KISSES** for Lion Philip who was able to pick up Lion Brent's Bar-B-Que Tools thus saving the day.

**KICKS** for Lion Carew for not getting all the information from the bank for Change of Signatories and trying to say it was the fault of the new signatories that the process is taking so long.

**KISSES** for Lion Carlton who in the absence of the Club Secretary was able to secure the use of Meeting Venue #2 for the Club's Meeting.

**KICKS & KISSES 4 U**

**The Editor congratulates the Port of Spain East Lions Club on its 37<sup>th</sup> Anniversary.**

## Some Famous Sayings et al

1. When a friend makes a mistake, don't rub it in. Rub it out.
2. It is not enough to make progress; we must make it in the right direction.
3. Some fellows dream of worthy accomplishments, while others stay awake and do them.
4. You cannot fully conquer kingdoms until you have conquered yourself.
5. One is not qualified to give orders until he is ready to receive them.
6. Effectiveness is not doing things right, but doing the right things.
7. True success is the fulfillment of original purpose.
8. The essence of becoming a leader is knowing and becoming yourself.
9. A title and a position does not guarantee performance and productivity.
10. Form good habits, they're as hard to break as bad ones.
11. Great leaders never desire to lead, but to serve.
12. One can conquer a bad habit easier today than tomorrow.
13. People seldom get dizzy spells from doing good turns.
14. The best way to escape evil is to pursue good.
15. Dost thou love life? Then do not squander time, for that is the stuff life is made of.

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We're on the Web!

See us at:  
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